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APPENDIX 1: QUALITY OF WELL-BEING SCALE

A. Elements with calculated weights

Label	Step no.	Step definitions	Weights
Mobility (MOB)	5	No limitation in driving or use of public transportation (bus, train, plane, subway) for health reasons	-0.000
	4,3	Did not drive a car or did not use public transportation, for health reasons (< age 16, did not ride in a car, or had more help to use public transportation than usual for age)	-0.062
	2,1	In hospital (nursing home, hospice, home for the retarded, mental hospital etc.) as a bed patient overnight	-0.090
Physical activity (PAC)	0	Death	-0.090
	4	No limitations for health reasons	-0.000
	3,2	Found it difficult (or did not try) to lift, stoop, bend over, or use stairs or inclines, and/or limped, used a cane, crutches, or walker, or had any other physical limitation making it hard (or did not try) to walk as far or as fast as others of the same age, for health reasons, or in wheelchair, but controlled its movements without help	-0.060
Social activity (SAC)	1	In bed, chair, or couch for most or all of the day (health related?) or in wheelchair and did not control movement without help	-0.077
	0	Death	-0.077
	5	Performed major role (work, home-making, school, retirement etc.) and other (personal, community, religious, social, recreational) activities, with no limitations for health reasons	-0.000
	4,3,2	Limited in or did not perform major or other role activities for health reasons, but performed self-care (feeding, bathing, dressing, toilet)	-0.061
	1	Did not perform self-care activities (or had more help than usual) for age for health reasons	-0.106
	0	Death	-0.106

B. Symptoms/problems complexes (CPX) with calculating weights

CPX no.	CPX description	Weights
1	Death (not on respondent's card)	-0.727
2	Loss of consciousness such as seizure (fits), fainting, or coma (out cold or knocked out)	-0.407
3	Burn over large areas of face, body, arms or legs	-0.367
4	Pain, bleeding, itching, or discharge (drainage) from sexual organs - does not include normal menstrual (monthly) bleeding	-0.349
5	Trouble learning, remembering, or thinking clearly	-0.340
6	Any combination of one or more hands, feet, arms, or legs either missing, deformed, crooked, paralysed (unable to move), or broken - including wearing artificial limbs or braces	-0.333
7	Pain, stiffness, weakness, numbness, or other discomfort in chest, stomach (including hernia or rupture), side, neck, back, hips, or any joint of hands, feet, arms or legs	-0.299
8	Pain, burning, bleeding, itching, or other difficulty with rectum, bowel movements, or urination (passing water)	-0.292
9	Sick or upset stomach, vomiting or loose bowel movements, with or without fever, chills, or aching all over	-0.290
10	General tiredness, weakness, or weight loss	-0.259
11	Cough, wheezing, or shortness of breath with or without fever, chills or aching all over	-0.257
12	Spells of feeling upset, being depressed, or crying	-0.257
13	Headache, or dizziness, or ringing in ears, or spells of feeling hot, or nervous, or shaky	-0.244
14	Burning or itching rash on large areas of face, body, arms or legs	-0.240
15	Trouble talking, such as lisp, stuttering, hoarseness, or being unable to speak	-0.237
16	Pain or discomfort in one or both eyes (such as burning or itching) or any trouble seeing after correction	-0.230
17	Overweight for age or height or skin defect of face, body, arms or legs, such as scars, pimples, warts, bruises, or changes in colour	-0.186
18	Pain in ear, tooth, jaw, throat, lips, tongue, several missing or crooked permanent teeth - including wearing bridges or false teeth; stuffy, runny nose; or any trouble hearing - including wearing a hearing aid	-0.170
19	Taking medication or staying on a prescribed diet for health reasons	-0.144
20	Wore eyeglasses or contact lenses	-0.101
21	Breathing smog or unpleasant air	-0.101
22	No symptoms or problems (not on respondent's card)	-0.000
23	Standard symptom/problem (not on respondent's card)	-0.257

## C. Calculating formulas

Formula 1: Point-in-time well-being score for an individual (W):

$$W = 1 + (\text{CPXwt}) + (\text{MOBwt}) + (\text{PACwt}) + (\text{SACwt})$$

where wt is the preference-weighted measure for each factor and CPX is symptom/problem complex. For example, the W score for a person with the following description profile may be calculated for one day as follows:

Quality of well-being element	Description	Weight
CPX-11	Cough, wheezing, or shortness of breath, with or without fever, chill, or aching all over	-0.257
MOB-5	No limitations	-0.000
PAC-1	In bed, chair, or couch for most or all of the day, health related	-0.077
SAC-2	Performed no major role activity, health related, but did perform self-care activities	-0.061

$$W = 1 + (-0.257) + (-0.077) + (-0.061) = 0.605$$

Formula 2: General health policy model formula for well-years (WY) as an output measure:

$$WY = [\text{No. of persons} \times (\text{CPXwt} + \text{MOBwt} + \text{PACwt} + \text{SACwt})] \times \text{Time}$$

## APPENDIX 2: THE NOTTINGHAM HEALTH PROFILE

PATIENT NUMBER ☐ ☐ ☐  
 STUDY NUMBER ☐ ☐ ☐  
 CENTRE NUMBER ☐ ☐ ☐

HOW WOULD YOU DESCRIBE YOUR HEALTH AT PRESENT?

VERY GOOD ☐  
 GOOD ☐  
 FAIR ☐  
 POOR ☐  
 VERY POOR ☐

BEFORE YOU START PLEASE BE SURE TO READ THE INSTRUCTIONS.

DATE: . . . . .